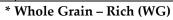


## **Four Week Cycle Menu Example**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Oatmeal (WG) Blueberries Milk	Tortilla (WG) Sliced Banana Milk	Scrambled Eggs Tasty Tots ( <u>USDA I-23r</u> ) Milk	Ready-to-eat Cereal (WG) Apple slices Milk	Low-fat Yogurt Strawberries Milk
Lunch/Supper  Meat/Meat Alternate  Fruit or Vegetable  Vegetable  Grains  Milk	Chicken  Macaroni (WG) & Cheese (USDA D260)  Kale Salad  Red Grapes  Milk	Hamburger on Whole Wheat Bun Sweet Potato Fries Lettuce and Tomato Milk	Sweet and Sour Pork (USDA D36)  Brown Rice Pepper Strips Sliced Plums Milk	BBQ Chicken (USDA D110)  Cornbread (WG)  Coleslaw  Peaches  Milk	Roast Beef  Dinner Roll (WG) (USDA)  Roasted Cauliflower  Green Beans  Milk
Snack Select two of the following: Meat/Meat Alternate Fruit Vegetable Grains Milk	Cucumber Slices Yogurt Dip	Hummus Carrot Sticks	Cheese Crackers (WG)	Cottage Cheese Pineapple	Graham Crackers Milk

<sup>\* 1-2</sup> year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Spinach Egg Bake (USDA) Peaches Milk	Homemade Berry Muffin (WG) Watermelon Milk	Pancakes (WG) Raspberries Milk	Bagel (WG) Sliced plums Milk	French Toast (WG) Applesauce Milk
Lunch/Supper  Meat/Meat Alternate  Fruit or Vegetable  Vegetable  Grains  Milk	Pulled Pork on <b>Bun</b> (WG)  Roasted Herbed Potatoes Shredded Cabbage Milk	Chicken Fajitas on Tortilla (WG)(USDA D400) Black beans Corn Milk	Spaghetti (WG) with Meat Sauce (USDA D350) Garden Salad Banana Milk	Tuna Salad on Whole Wheat Pita Peas Strawberries Milk	Porcupine Sliders on Bun (WG) (USDA F10) Cucumber Coins Blueberries Milk
Snack Select two of the following: Meat/Meat Alternate Fruit Vegetable Grains Milk	Rice Cakes (WG) Honey Dew Melon	Strawberry and Banana Yogurt Smoothie	Hardboiled Egg  Whole Wheat Toast	Turkey and Cheese Roll-ups Pretzels	Nut butter Celery Raisins

<sup>\* 1-2</sup> year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk

<sup>\*</sup> Whole Grain – Rich (WG)



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Biscuit (WG) (USDA) Kiwi Milk	Baked ham Pineapple Milk	Cream of wheat (WG) Raspberries Milk	Southwest Tofu Scramble ( <u>USDA</u> ) Black beans Milk	English Muffin (WG) Grapefruit Milk
Lunch/Supper  Meat/Meat Alternate  Fruit or Vegetable  Vegetable  Grains  Milk	Grilled Cheese Sandwich (WG) Tomato Soup Brussels Sprouts Milk	Beef Taco ( <u>USDA D24</u> )  Corn Taco Shell (WG)  Lettuce and Tomato  Pinto Beans  Milk	Crunchy Hawaiian Chicken Wrap (WG) (USDA F12) Orange Slices Beets Milk	Turkey Meatloaf (USDA D27)  Dinner Roll (WG)  Whipped Sweet Potatoes Asparagus Milk	Pork Stir Fry with  Brown Rice and  Vegetables (USDA  D300A)  Grapes  Milk
Snack Select two of the following: Meat/Meat Alternate Fruit Vegetable Grains Milk	Cinnamon Tortilla (WG) Mixed berry salad	Clementines Yogurt	Cheese Sticks Sugar Snap Peas	Oatmeal (WG) Apricots	Goldfish Watermelon

<sup>\* 1-2</sup> year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk



<sup>\*</sup> Whole Grain - Rich (WG)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or vegetable Milk	Cheesy Omelet  Mandarin Oranges  Milk	Zucchini Bread (WG)  Nectarine  Milk	Bran Flakes (WG) Raisins Milk	Breakfast Burrito (WG) (USDA J-02) Mango Milk	Waffles (WG) Blackberries Milk
Lunch/Supper  Meat/Meat Alternate  Fruit or Vegetable  Vegetable  Grains  Milk	Shepherd's Pie ( <u>USDA</u> <u>D430</u> ) <b>Dinner Roll (WG)</b> Blueberries  Milk	Black Bean & Cheese Quesadilla (WG) Pico de Gallo (USDA G150) Avocado Milk	Turkey Burgers with Tzatziki Sauce on <b>Bun</b> (WG) (USDA) Carrot Sticks Pears Milk	Chicken Alfredo with a Twist (WG) (USDA D54) Steamed Broccoli Mixed fruit Milk	Baked Fish  Oodles of Noodles (WG) (USDA B26)  Zucchini Cantaloupe  Milk
Snack Select two of the following: Meat/Meat Alternate Fruit Vegetable Grains Milk	Toasted Bagel (WG) Nut Butter	Yogurt Granola	Animal Crackers Peaches	Black Bean Hummus  Pita Bread (WG)	Banana Muffin Milk

<sup>\* 1-2</sup> year olds receive unflavored whole milk and 2-5 year olds receive 1% or fat free unflavored milk



<sup>\*</sup> Whole Grain – Rich (WG)